

HOME FROM HOME | CLIFF BUDDLE

## Market days

**Hong Kong's markets** were a handy and relatively cheap source of produce, but also a spectacle, during my years in the city.

I watched wide-eyed as fresh snake blood was consumed at a stall in Sheung Shui in 1994, soon after my arrival. In the days before bird flu, live chickens, pigeons and quail were often available at my local wet market in Mui Wo. Visitors from the West are surprised to see fish still swimming around at the stalls. You can't get fresher than that!

The markets in the English countryside pale in comparison. Everything is dead, for a start. But my favourite village market is worth the weekly visit. It only has a few stalls, at the village hall or outside the church.

One highlight is the fish stall. You don't encounter many queues in this part of the world, with its low population density. But people begin to line up before 9.30pm to eagerly await the arrival of the fish van from Rye.

A limited, highly seasonal and mostly filleted selection is available. It is fresh and good quality, although not especially cheap, coming from one of the day boats fishing off the nearby coast. You can never be sure what will be on offer. It depends on what they have caught.

There is usually cod, monkfish, skate and sea bass. The dabs, plaice and mackerel are popular. Last summer there was lots of crab, but it has been in short supply this year.

Being at the front of the queue presents a dilemma. There are limited quantities available. You don't want to grab all the favourites and deprive everyone else. Sometimes people ask what others in the queue are looking for, so everyone can go home happy.

Across the road, a woman sells little eggs in various colours laid by her chickens at the attractive price of 50 pence for six. There is always a tale to be told about the life of the hens that laid them.

The meat stall, well known for its pies, is especially good for game. Last week there was a whole wild boar heart! Almost every cut of venison is on offer. I once made the mistake of asking the stallholder if it was local. "Local?" he said. "You have probably met it."

Potatoes come from a nearby farm, which grows more than 20 varieties. This is harvest time and my son worked there for a while, starting at 7am. He became a bit of an expert. If you ever get the chance to buy "pink gypsy" potatoes, I can recommend them.

The markets are an important part of village life. I enjoy the banter with the stallholders, more about football than food. Shopping there brings back fond memories of Hong Kong, but without the live fish, snakes and frogs.



Hong Kong snake salesman  
Mak Tai-kong. Picture: AFP



ON OUR RADAR | KYLIE KNOTT

## Finding the one

**W**ith our newsfeeds filled with the atrocities of war, it is more important than ever to celebrate those dedicating their lives to helping others.

And Hong Kong-based humanitarian award The One, founded in 2012 by local businessman David Harilela, with support from Rotary International District 3450, is making sure some of these people get the recognition they deserve.

Now in its 10th year, The One has donated more than US\$3 million to humanitarian projects worldwide, transforming more than 300,000 lives along the way.

"We empower individuals, but the work they do impacts many," says Harilela. "These heroes don't just save and transform lives, they inspire others and magnify the goodness that exists in the world."

"With the world in chaos, this reminder of kindness and selflessness is needed even more."

As well as its international award, The One has a Hong Kong category, launched in 2015. Past recipients include Kitty Poon Ka-lai, of LoveXpress Foundation – which serves the city's special needs community – and Jeff Rotmeyer, of ImpactHK, a non-profit organisation that supports underprivileged communities as well as the elderly and the homeless.

International recipients over the years include Indian social worker Subhasini Mistry, who won in 2019. Mistry, who was widowed at the age of 23 with four children, went on to build Humanity Hospital for the poor, which today treats 450 to 500 outpatients daily.

Swiss humanitarian Barbara Karoline Hofmann received the award in 2014 while last year's



The One Hong Kong finalists include (clockwise from left) youth advocate Amy Chan; Tommy Lau, a mentor to people with disabilities; and health educator Dr Czarina Leung.



recipient was Avis Rideout, a missionary based in Thailand who works with HIV-infected and abandoned children.

On November 15, the winners of this year's The One International and The One Hong Kong will be announced at a gala dinner in Hong Kong. Finalists attending are Chiara Castellani, an Italian doctor providing health education in the war-torn Democratic Republic of the Congo; Eugenio Scannavino Netto, a doctor who empowers isolated communities in the Brazilian Amazon; and Sri Lankan philanthropist Kushil Gunasekera, who is creating social change for rural communities.

The One Hong Kong finalists are Amy Chan, a youth advocate who is inspiring the next generation to become valuable members of society; Dr Czarina Leung Chi-hung, founding director of Be Priceless, whose goal is to create a more inclusive society through health education; and Tommy Lau, a role model and mentor for people with disabilities.

"The money from the award will support our continued services so we can strengthen the health of children, families and communities in Hong Kong," says Leung.

Chan, who is chairman of the Child Development Matching Fund (CDMF) and Child Development Initiative Alliance (CDIA), says The One will allow those initiatives to help more people.

"The road we are walking down is endless – there's always more work that needs to be done," she says. "Therefore, we need more support and help from society [...] an award like The One helps us walk even further."

For more information, visit [www.theoneintl.org](http://www.theoneintl.org).